

Wellness Center Quarterly

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Special points of interest:

- Exercise Tips
- Personal Safety
- G.O. Trip
- Zumba Gold
- Nutrition
- Zumba Punch Cards

Ways to Sneak in Exercise

Finding time for fitness has become a big challenge. Time constraints with families and work can make it difficult trying to incorporate some type of daily exercise in our busy schedules. There are many ways that we can sneak in exercise to help burn off a few extra calories during the day. —Deidra DeBerry, Intern Georgia State University

- Take the stairs instead of elevators
- Go outside and play with your kids!
- Work out at home to an exercise DVD
- While on lunch break, take a 10-minute brisk walk
- If you work in an office setting, keep a small pair of dumbbells and do bicep curls at your desk
- If you have errands to run and if they are nearby, walk instead of driving
- Don't fight for closer parking spots! Park farther away and walk
- Return shopping carts to store instead of leaving them in the parking lot
- During TV commercials, get up and walk around. Try and walk up and down stairs or simply walk in place until the show resumes.
- Don't use the drive thru. Park your car and go inside of the pharmacy, banks, and food restaurants.
- Go outside and wash and detail your car. Vacuuming your car is great exercise for those arm muscles.



Brain Bikes

“Fitness for the Brain”

The Brain Bike is the first workout program that exercises the body and brain simultaneously. The unique combination of pedaling the bike and playing brain building games guarantees improved body and brain function. The brain games are fun, lasting up to 4 minutes each, and are designed to improve memory, concentration, and cognitive function by 20%. Please stop by or call Golden Opportunities at 478-757-7817 for cost and more information about this new exercise program.

Nutrition Consults Now Available!



Nutrition Gift Certificates
are available!

- Nutrition Education
- Dietary Analysis
- Individualized Meal Planning
- Portion Control
- Guidelines for Medically Based Diets
- Weight Management

\$45 - per hour for employees-
Payroll Deductible!
\$50-Wellness Center/Macon Health
Club Members
\$60-Non-WC/MHB Members

For more information, contact
Courtney Mosser, RD, LD
(478) 633-1996
Mosser.Courtney@mccg.org

Proper Technique for a Common Exercise: The Squat

The squat is one of the most functional exercises. Every element of this action directly translates into the movements we perform on a daily basis. Some ADLs, or activities of daily living, that this exercise integrates include: Sitting on or getting out of a chair, picking something up off the floor (a child or grandchild), lifting a laundry basket, or sliding things under the bed that you don't want the guests to see!

1. Stand in an athletic stance with feet slightly turned out for stability. The further the feet are spread apart, the more the glutes and hamstrings (back of the legs) are being used. As the feet get closer, the quadriceps (front of the legs) are the primary muscles being used.
2. The spine needs to remain in a proper alignment to reduce stress. Accomplish this by picking a point on the wall in front of you as you stand in the initial squat position. Keep your eyes on that spot as you descend into the movement. The chest and shoulders also play an important role in spinal alignment. By keeping the shoulders back and chest out, the lower back will stay in its neutral alignment.
3. The first movement involves hinging of the hips. Do not allow the knees to be the first movement forward. If this happens, the knees will protrude in front of the toes leaving them vulnerable to injury. Squatting at the hips will allow for greater pressure to be felt on the heels rather than the toes. Cont....

~Wellness Center 101~

Want to learn more about The Wellness Center, meet the staff, and be introduced to new programs? Make the most out of your membership and learn new basic fitness principles. **FREE** with a drawing for a 30 min **MASSAGE** gift certificate for attendees! See you on **July 26 from 1:30-6:00pm**

Personal Safety

Lt. George Meadows, Bibb County Sheriff's Office Crime Prevention Unit, will provide safety tips you can use at home, while shopping, and while traveling.

Thursday, August 18th 1:00-2:00pm

Call Golden Opportunities
(478) 757-7817 to register.



Swim Lessons

Before you head to the beaches, why not learn to swim? Classes are offered for "Water Babies" ages 9 months to 3 years old; Children ages 4 – 15; and Adults ages 16 and up. Lessons include six sessions with a certified instructor. Group Lessons are also available. For more information, ask the front desk.

Fresh Start!

Smoking Cessation Classes at
The Wellness Center

Now is the time to Quit! (Series of 4 classes)

Tuesdays in August from 6-7 pm

Please call The Wellness Center to register or stop by the front desk.



ZUMBA
GOLD

July 19-Sept 1

Instr. Carol Johnson

Zumba Gold Is Back!
Latin dance inspired
aerobics specifically
for active, older
adults.

**Tuesdays &
Thursdays
11am & 1:30 pm
Room #1**

Hearing Loss?

Find out what you can do to take charge of your hearing! Thursday, August 25th 1:00-2:00pm
FREE-G.O. Members/\$5 Non-Members

(Continued) Proper Technique for a Common Exercise: The Squat

- The depth of the squat will be dependent on the amount of hip flexibility that is able to be accomplished. Aim for the thigh to be parallel with the floor. If this causes any pain in the lower back or knees, do not go this low. Remain within a comfortable range of motion.

Additional Tips:

- Adding dumbbells will incorporate every element of the body.
- Breathe in as you lower into the squat; breathe out as you ascend.
- Perform the squat sideways while looking in a mirror to assure proper technique.
- Ask a trainer if you have any questions or concerns about any exercise you are performing.



-Carrie Fox, Intern Georgia College and State University



Combines targeted body-sculpting exercises and high energy cardio work with Latin-infused Zumba moves. Learn how to use lightweight, maraca-like toning sticks (or dumbbells) to enhance rhythm and tone all your target zones.

Join us for a FREE Zumba Toning Class!

Wednesday, August 3rd

6:30-7:30 pm

Travel with Golden Opportunities

Branson, MI

Everyone should hop on the bus for a trip to Branson, the entertainment Capital of America! Experience the music and excitement of a destination featuring good, clean family-style entertainment.

September 19-24

Price per person: \$1,025

Deposit Required: \$200

(Optional) Health/Cancellation Insurance: \$90



Worksite Wellness

Now, we can come to you! If your business is interested in a corporate wellness program at your worksite, we can develop a program to meet your needs. Whether you want on-going group fitness classes, biometrics screenings, nutrition programs or lunch and learns, we've got you covered! For more information, contact Maegen Dennis at 477-2300.

Phytomineral Soup

Having a good balance of nutrients and minerals in your diet is important, and can even fight against cancer. This provides a wide variety of essential minerals and trace elements useful in maintaining optimal health. Make this soup in bulk and freeze individual serving sizes.

1 medium chopped onion	1 cup frozen peas
2 stalks chopped celery	1/2 cup firm tofu
4 cloves crushed garlic	1 teaspoon thyme
1 teaspoon curry powder	1/2 teaspoon rosemary
2 medium sliced carrots	1 tablespoon olive oil
1/2 cup corn	5 cups water
1 15 ounce can tomatoes	pinch salt
1 packet vegetable bouillon cube	1/4 teaspoon black pepper, fresh ground

Heat the oil in a large non-stick skillet. Sauté the onions and garlic for 3-5 minutes. Add the celery and carrots and sauté for a further 2 minutes. Add the corn, tomatoes, parsley, thyme, rosemary and sage. Dissolve the packet of vegetable broth in a cup of boiling water. Add to the pan with 4 more cups of water. Bring to a boil, cover and reduce the heat. Simmer for 20 minutes. Add the peas, tofu and spinach. Season to taste and simmer for 5 more minutes.

Notes: Excellent source of Vitamin C, A, B6, Folate and Iron. Good source of Vitamin B1, B2, Niacin, Calcium and Zinc.

Serves: 6

Prep Time: 30 Min

Calories 153

Protein 7g

Fat 4g

Cholesterol 0mg

Dietary Fiber 4g

% Calories from fat 24%



Cooking Demo



Come on over to The Wellness Center and join us for a **free** nutrition class! Learn and experience fresh ideas of how to incorporate seasonal fruits and vegetables into your everyday meal choices. **Dietitian Courtney Mosser** will provide you with a cooking demonstration, offer samples for proof of tastiness, and teach you some cooking tricks! Don't let "dieting" become a temporary endeavor; make healthy eating a lifestyle!

August 11th
12:00-1:00pm

Purchase ZUMBA Cards!!! No Need for CASH Every Class!!

For your convenience, purchase a punch card at the front desk and relieve yourself of scrounging up cash!

Zumba:

Member	Non-Member
\$40	\$45
10 Classes	10 Classes



Zumba Gold:

Member	Non-Member
\$30	\$45
10 Classes	10 Classes



ZumbAtomic:

Member	Non-Member
\$20	\$25
10 Classes	10 Classes



**MACON
HEALTH CLUB**

A service of The Medical Center of Central Georgia

**THE
WELLNESS CENTER**

A service of The Medical Center of Central Georgia